

# Karate Advanced (10yrs & Up)

## Instructors: David Agler & Allen Fankhauser

David and Allen are both second-degree black belts in Isshinryu Karatedo and have more than ten years experience helping children and adults learn about karate and self-defense. They have instructed youth karate programs at the Dublin Recreation Center since 2007.

## Meeting Dates/Times/Location

**Tuesdays & Thursdays, June 14 – Aug 18**

**#324172.01:** 8-9 p.m.

DCRC, Fitness Studio 1

## Days Off

**No class July 5, Aug 2 & 4.** If a class is canceled due to instructor illness or inclement weather, we will make every attempt to hold a make-up class. Please review our Inclement Weather Policy (backside of sheet).

## Program Overview

For this advanced class, course work included the continued study and practice of kihon, advanced kata, bunkai (application of kata), and kobudo (weapons training) with bo and sai. Minimum prerequisites include a working knowledge of at least five kata's by matriculation or permission of the instructor. Belt work for this class includes green, purple, brown, and black. Students must be at least 16 years of age to earn full adult black belt status.

## Program Expectations for Participants

Participants are expected to arrive on time (please do not enter the room if another class is in session). Parents are permitted to stay and observe if they like, but the instructors will request any parents and/or siblings that are a distraction to leave the room. **All participants need to show a state issued ID card or DCRC Membership Card at the check-in desk to attend the class.**

## Program Fees/Supplies/Dress

The program meets for 9 weeks – 17 total classes. The program fee is \$90 for Residents and \$100 for School District & Non-Residents. Participants should wear comfortable clothing that allows for freedom of movement. Uniforms (Gi) are available for purchase for a fee of \$25. Please see Sensei Allen to purchase a uniform.



## Recreation Center Policies

### Inclement Weather Policy:

In general, DCRC class/activity schedules coincide with Dublin City Schools. When school is cancelled, all daytime DCRC classes are cancelled, and a decision regarding evening classes (those after 4 p.m.) will be made by 3 p.m. Whenever schools are released early, all evening classes at the DCRC are cancelled. If you are unsure if a class will be held due to weather, please check our website at <http://dublinohiousa.gov/recreation/closings> for the latest updates and cancellations before heading out. You can also call our pre-recorded information hotline at 614-410-4946. In the event of a cancellation due to weather, we will make every attempt to provide a make-up class. Instructors will provide information on make-up classes.

### Sibling Policy:

Due to the structure of the child/parent programs, only children who are the appropriate age for the class will be permitted to register and attend the program. No younger or older siblings are allowed in the classroom to sit and watch or be left unattended in the lobby. For your convenience, we have a Wee Folk Room available for families who are in need of sibling care during our programs.

### Parent Policy:

All preschool/youth programs require parents to bring their child directly to the room for the program to sign them in, and to sign them out at the conclusion of the program (if not a parent participation program). With your child's best interest in mind and to provide the best learning environment, we ask that all parents refrain from entering the teaching area during classes. This eliminates any interruptions between the instructor and participants. We feel it is beneficial for the children to have time alone to interact with their peers. To provide a safe environment, students must be able to follow directions and not be disruptive.

### Healthy Kids:

If your child experiences any signs or symptoms of illness, please do not bring them to the programs at the DCRC. Symptoms of seasonal flu include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Please be aware that if your child becomes ill or vomits during any of our preschool/youth programs, they must be removed from the facility right away. Refunds are not available due to illness.

### Program Evaluations:

Our program evaluations are now paperless! You will receive an email after your final class thanking you for your participation and providing you a link to complete a short, online survey regarding your experiences in the class. We look forward to hearing from you! You can access this survey at anytime: <http://www.surveymonkey.com/s/KPH2R5C>